

Zucchini Crust Pizza



My mother-in-law shared the recipe for this unique pizza with me. It's just right for brunch, lunch or a light supper. Loosen the nutritious zucchini crust from the pan with a metal spatula. —Ruth Denomme, Englehart, Ontario

TOTAL TIME: Prep: 20 min. Bake: 25 min.

YIELD: 6 slices.

Ingredients

2 cups shredded zucchini (1 to 1-1/2 medium), squeezed dry

1/2 cup egg substitute or 2 large eggs, lightly beaten

1/4 cup all-purpose flour

1/4 teaspoon salt

2 cups shredded part-skim mozzarella cheese, divided

1/2 cup grated Parmesan cheese, divided

2 small tomatoes, halved and sliced

1/2 cup chopped red onion

1/2 cup julienned bell pepper

1 teaspoon dried oregano

1/2 teaspoon dried basil

Chopped fresh basil, optional

Directions

1. Preheat oven to 450°. In a large bowl, combine first four ingredients; stir in 1/2 cup mozzarella cheese and 1/4 cup Parmesan cheese. Transfer to a 12-in. pizza pan coated generously with cooking spray; spread to an 11-in. circle.

2. Bake until golden brown, 13-16 minutes. Reduce oven setting to 400°. Sprinkle with remaining mozzarella cheese; top with tomatoes, onion, pepper, herbs and remaining Parmesan cheese. Bake until edges are golden brown and cheese is melted, 10-15 minutes. Sprinkle with chopped fresh basil, if desired.